



Vol. 60 No. 29

Friday, July 18, 2003

SCUBA in GTMO

*Children enjoy a Super Cool Underwater Bible
School Adventure at the Chapel*

see page 6 for more

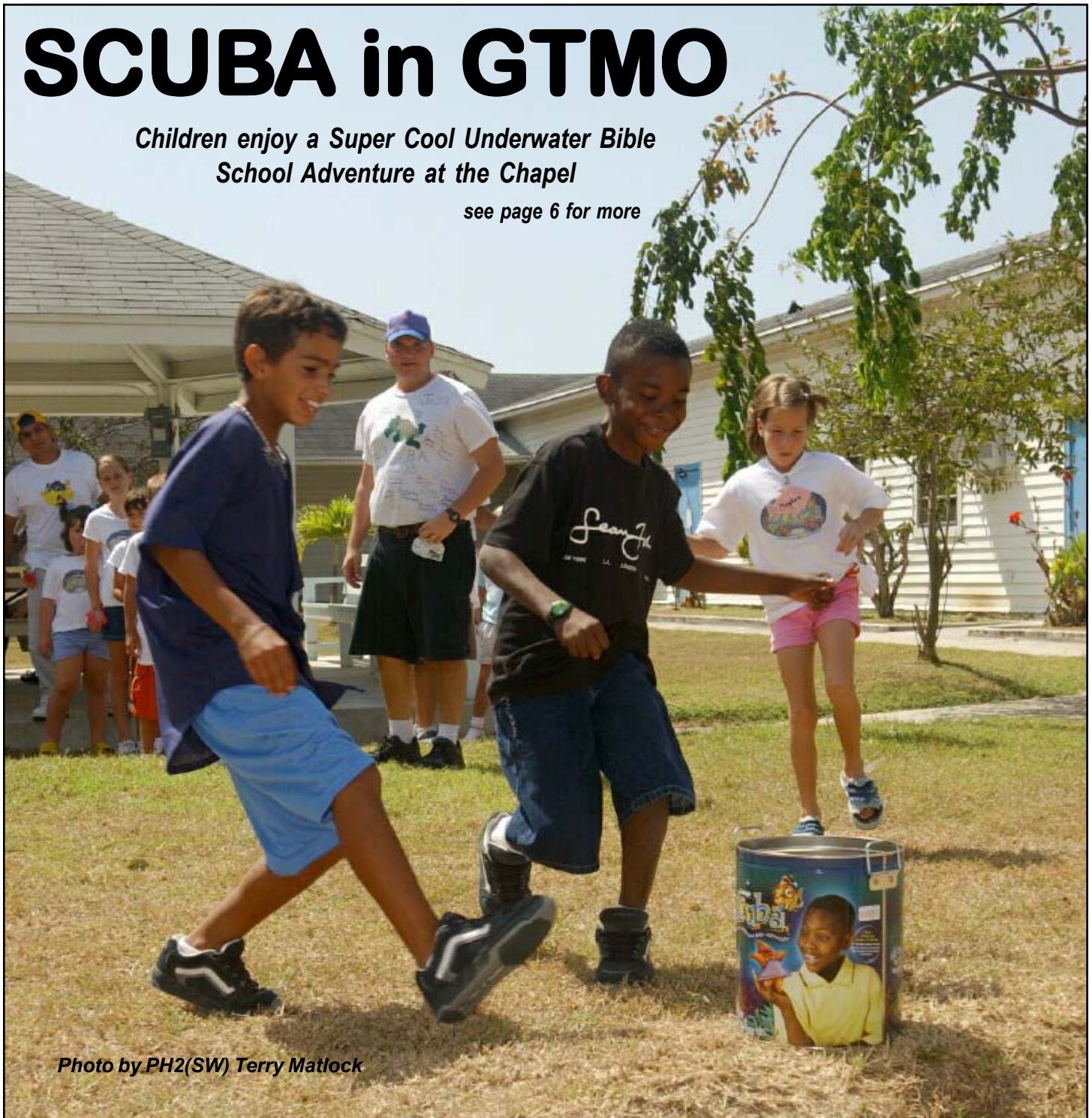


Photo by PH2(SW) Terry Matlock

Force Protection

Ensure exterior lighting is in working order at all times. Contact GTMO's Housing Trouble Desk at 5262 to request repairs when necessary.

Energy Conservation

Shade sun exposed windows and building walls

Water Conservation

July 7 - 13

Used 7,521,000.0
Daily avg. 1,074,428.6
Daily goal 1,000,000 gal

We were \$9899.00 over budget for the week.

U.S. Naval Base Guantanamo Bay *Gazette*

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NATIONAL NIGHT OUT

America's Night Out Against Crime

August 5th
Cooper Field, 5 to 8pm
Come out for family fun and more!
Meet your Emergency Medical Services Personnel!
FMI, call MA1 Nalley at 4151.

New Post Office Hours Start July 21

In response to customer requests, we are adjusting our business hours to better serve you!

Effective July 21, the new post office finance & customer service hours are:



Monday	0900-1530
Tuesday	0800-1530
Wednesday	0800-1530
Thursday	0900-1530
Friday	0800-1530



Advancement Opportunity To Chief Remains Steady

From Chief of Naval Personnel Public Affairs

The Navy will soon select as many as 4,323 Sailors to join the chief petty officer (CPO) ranks and assume the responsibilities that come with the wearing of anchors.

The selection board convened July 8 in Millington, Tenn., and will review the records of 17,877 highly-qualified Sailors by the time it concludes Aug. 8. The new chiefs will make up nearly 18 percent of the CPO community.

"We're thrilled to be able to tell our Sailors their hard work and dedication is going to pay off," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "We need senior enlisted leadership - and the opportunity to get there - as we continue shaping the force for sustained combat readiness. The chief quotas we see this year are good news for the Navy and good news for our Sailors."

Advancement opportunity to chief remains high, with almost one in four eligible 1st class petty officers soon to be selected for CPO for fiscal year 2004. While this is 2.5 percentage points lower than last year's opportunity, the overall opportunity compares favorably with the levels of the mid-1990s.

Some ratings show increased opportunity for advancement to CPO for this year's selection board. The boatswain's mate community will make as many as 177 new chiefs, increasing opportunity by more than 14 percentage points. Navy journalists will make up to 21 new JOCs, up by almost 12 percentage points from fiscal year 2003.

While opportunity in some ratings has gone up, some have seen it go down. Promotion to chief aviation ordnanceman decreased by slightly more than nine percentage points for a 21.59 percent chance and 98 quotas. There could be as many as 34 new chief electrician's mates for a 10.24 percent opportunity, which is slightly lower than last year.

Retention rates have an impact on how many quotas are available each year. Overall retention for Sailors with 10-14 years of service is nearly 90 percent, and for those with 15-20 years, it is nearly 100 percent.

"As we continue to grow the size of our Top Six paygrades, promotion opportunity for the next rank will go to the hard-charging Sailors looking for that next challenge that accompanies those anchors," added Hoewing.

For a complete list of quotas check with your Career Counselor. The list is also available online at www.persnet.navy.mil.

NEWS BRIEFS

Telecommunications Outage

On Sunday, July 20 from 6am to noon, a telecommunications outage will affect all telephones with the telephone numbers: 4000 through 4999; 5000 through 5499; and 5900 through 5999.

Cell phone services will be restricted to cell to cell calls.

Upcoming DRMO Sale

Mark your calendars. DRMO Guantanamo is holding a retail sale Wednesday, August 6 and Thursday, August 7, 8am to 2pm each day.

Property offered includes: household/office furniture, commercial food service equipment, computers without hard drives, printers, computer monitors, household items, etc.

There is no inspection prior to the sale. Terms are CASH only, and all purchases must be picked up the day of purchase. There are no refunds or exchanges. All property is sold "as is." Limited assistance with loading is provided on furniture and other bulk items.

TRICARE Note

When traveling in CONUS, Prime Active Duty and Active Duty Family Members should seek care from a TRICARE network provider.

Call the toll-free number (in your GTMO passport) for the region you are visiting for assistance in locating a network provider.

For more information, contact Barbara Donaldson at the Naval Hospital's TRICARE office, 7-2017.

JTF Golf Tournament

The JTF Open is set for July 26. Tee-off time is 8am. There will be first, second and third place winners.

Club rental is \$5. Cart rental is \$10. Sign-up at the Base Gym by 4pm, July 24. For more details, call 2193.

Community Flea Market

It's that time again! The Great GTMO Community Flea Market is July 26, 7 to 10am at the Elementary School Gym. Clean out your closets and drawers. Make some money! Set up is Friday evening, July 25 from 6 to 8pm. To reserve space to sell your treasures, call Cel McMillan at 7597 or JoAnn King at 2774. There is no fee. This event is open to the entire community.



MCSF Co. Change of Command

Guantanamo Bay's Marine Corps Security Force Company is now under new leadership.

At a Change of Command ceremony held July 17, Maj. John Rochford, II, relieved Capt. William Elliott as commanding officer. Capt. Elliott has served as interim CO after reporting aboard as MCSF Co. Executive Officer.

With the arrival of Major Rochford, Capt. Elliott again serves as Company XO.



After accepting the MCSF Co.'s guide-on from Capt. Elliott, Maj. Rochford prepares to pass it back to the Company First Sergeant.



NAVSTA's Commanding Officer, Capt. Les McCoy, and Executive Officer, Capt. Mike Fair, present Capt. Bill Elliott with a special gift.



Lt. Col. M.J. Popovich was the guest speaker for the ceremony.

Join the CPOA

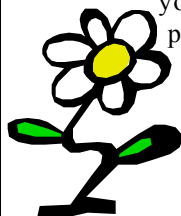


Attention all retired Master Chiefs, Senior Chiefs, and Chief Petty Officers - If you are interested in becoming a member of the GTMO CPOA, contact MAC Jeffrey Williams at 4185.

Daisy Fun

All girls 4 to 6 years old are invited to join the Daisy Girl Scouts for Movie Night
July 25, 6-9pm
at the Community Center

Wear your favorite pajamas and bring your favorite blanket, pillow, and cuddle doll.



You **DO NOT** need to be a registered girl scout to attend.

FMI, call Tonja at 7328

Join the
SPOA for
Lunch



The next SPOA meeting is 11:30am on Friday, July 18. Grab some lunch and join your fellow shipmates at the Acey Deucey Club in the Windjammer.

Anger: Negative Energy and Its Harmful Effects

From LIFELines Service Network

You may not actually “blow your top” or “see red,” but there are some very real physical symptoms of anger. When you are angry, adrenaline and other chemicals pour into your blood stream, causing your pulse to rise and your blood pressure to go up. In severe cases, the adrenaline begins to shut down the frontal lobe of your brain - the part that allows you to reason. You may feel hot, turn red, or feel your hands or body shake. The response is as natural as hunger pangs or sweating. Your body senses a threat and prepares for action by increasing your energy level. The threat may be real or imagined. It can be a physical threat or a threat to your ego.

The energy boost you get from this sudden dump of adrenaline can be harmful to your body and lead to health problems if you don't learn how to manage it. Unmanaged anger can also end in violence.

Recognize Your Anger

Some people learn to recognize their anger and deal with it from a very early age. Others do not. They have to make a conscious effort as adults to change the way they behave when faced with frustration, hurt, annoyance, and other causes of anger. The trick is to recognize that you are angry, figure out why you are angry, and make a rational decision about what to do. In other words, find a way to switch gears in your brain so that the “thinking” side is in control, rather than the “feeling” side.

Switching gears may be easier said than done. You may need to get away from the situation to cool off. Physical exercise, deep breathing, or taking some time to enjoy a hobby or watch TV may help you get in your right mind. Once you are calm, you are ready to resolve the conflict.

Anger Management Tips

- Use a calm voice. Shouting seldom leads to solutions.
- Be assertive, but not aggressive. Make sure you say what you need to say, but take time to listen, as well.
- Name calling and accusations only escalate the fight. Choose your words carefully.

see Anger, page 9

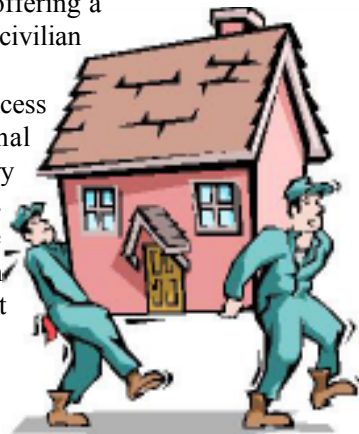
Reduce PSC Stress with Smooth Move

The stress experienced during a Permanent Change of Station (PCS) move comes from more than just the move itself. To help you cope with the effects, the Fleet and Family Support Center provides relocation assistance services by offering a workshop called Smooth Move to active duty personnel, U.S. civilian employees, and their families.

The workshop provides the necessary information to process out of Guantanamo Bay. Representatives from Personal Property, Housing, Personnel Support Detachment, Veterinary Clinic, Tricare, and Security cover the required procedures for checkout. The Relocation Assistant Counselor will provide information on relocation stress and the Financial Education Specialist will provide information and tips on how to budget for the move.

The next Smooth Move workshop will be held July 25 at the Fleet and Family Support Center from 8am to noon. This workshop is offered quarterly and members should attend no later than six months prior to detaching from Guantanamo Bay.

All those interested in attending must contact the Fleet and Family Support Center at 4141. Spouses are encouraged to attend. Because of limited seating, sign up now! Remember, July 25 8am, at the FFSC.



Vet Clinic Can No Longer Shelter Pets During Hurricane

Due to the lack of sufficient space to house privately-owned animals and the priority given to military working dogs, the Vet Clinic can no longer offer shelter to pets in the event of a hurricane. Due to the increased population and resulting housing shortage, we no longer have a separate hurricane-proof housing unit.

The owners' options are:

1. Find someone in hurricane proof housing who is willing to care for your pets during a hurricane. Make arrangements now so that you will be prepared ahead of time.
2. Pets can be left in your home to weather the storm. In the past, with a shelter unavailable, pets stayed in the homes and were fine. Most animals are resilient. However, aged, sick or debilitated animals and those who are on medications, should not be left alone. If you must leave your pets at home, be sure to fill up bathtubs, toilets, or other containers that cannot be tipped over, with plenty of water. Leave plain, dry food down (again in a sturdy container) so that your pet will have something to eat but not gorge themselves. Stay away from treats, soft food, and foods with a high salt content. Try to keep your pet in an interior room with as few windows as possible. Bathrooms are excellent places. If you have more than one pet, try to lock them in separate rooms because pets that are normally friendly with each other, can turn on each other when frightened.

Contact the Vet Clinic at 2101/2212 with any further questions or concerns.

GTMO Children Dive Into SCUBA

Vacation Bible Schools have come a long way from their humble beginnings. According to some historians, the first school began in a beer hall in 1898. Mrs. Walker Aylett Hawes, a doctor's wife in New York City, noticed poor children injuring themselves as they played in the streets during the summer and created a format in which they could do crafts and learn about the Bible in a safe environment.

Programs remained relatively unchanged until recently.

Today, Vacation Bible Schools come in elaborately prepackaged kits that provide not only the usual Bible lessons, crafts and songs, but squirt toys, personalized Web sites and DVD presentations.

SCUBA, short for Super Cool Undersea Bible Adventure, is one of at least 15 Vacation Bible School programs produced each year by Christian publishers. This year, it arrived in GTMO at the Base Chapel.

After looking through the promotional materials, Barbara Olsen, the Director of Religious Education for the Command Religious Program, selected SCUBA to be the theme for this year's Bible school. For GTMO, it seemed to be the perfect fit.

According to Bill Korte, vice president of marketing for Group Publishing in Loveland, Co., the creators of SCUBA, an estimated 180,000 mainline Protestant and evangelical churches nationwide hold vacation Bible school, and are looking for innovative programming that will keep children interested.



Ace here!

"Every day we started with a get together in the chapel. Here, we learned a

Hello, I'm Gill, and I hope you will all share what you learned at SCUBA. Hope to see you all again soon!



new song and had a visit from Scooba-doo-ba-doo - our mascot,"

explained Olsen. "Scooba" (aka Crimedog McGruff disguised in fins and goggles) told us what bible verse we would be learning that day. Then the crews went from station-to-station throughout the morning."

"At Dive-in Diner they made great snacks each day," said Olsen. "Each day they played a different game, making sure to include the bible verse and story of the day. At Arts and Crafts/Missions, the crews made a different craft each day. The kids loved it."

The groups ended each day back inside the chapel and recapped everything they learned and sang more songs.

Chaplain Sharon Shaw of the NAVSTA Chapel explained that the SCUBA is based on a 5-day fun-filled educational program that relates basic Christian beliefs in a way that children from ages 3 through 11 can understand, with the help of some very unique sea creatures characterized as each day's mascot.

It's me, Squirt



Day one was "Believe in God" with Ace the Flying Fish. "Many haven't ever seen a flying fish, but because others can testify they exist, we can all believe that they exist, explained Shaw. "Just as the Bible testifies to us of God's existence and love for us, so we too can



Classroom Bible exercises have always been a part of the Bible school experience.



Children who participated in SCUBA were encouraged to donate new shoes or socks as part of Operation Kid-to-Kid.

Thanks from Tank and the Chapel Staff

believe in God. The story of the prophet Elijah as he confronted the prophets of Baal to prove his God helped the children to understand the need to believe in God."



"Obey God" with Squirt the Whale was day two. The children learned about the story of Jonah, who disobeyed God and then ended up in the belly of a whale, or large fish, for three days because of his disobedience. The lesson taught the children how important it is to obey God.

On day three, the lesson was "Trust God" with Tank the Turtle. "Turtles will withdraw into their shells when frightened. Tank helped kids remember to Trust God when you are scared," said Shaw. "The story of Jesus calming the storm on the Sea of Galilee as he and his disciples were making their way across it by boat reemphasized this point."

Day four was "Love God" with Pearl the Clam. Pearl carries a precious treasure inside of her which helped the kids remember how precious God's love is to us in that He sent His only son to die on our behalf so that we might have eternal life with Him.

Day five's lesson was "Share God's Love" with Starla the Starfish. Starla has

See SCUBA, page 10



**I'm Starla, and
your children
were all stars
during our
SCUBA!**

Top: Volunteers and children found a great way to beat the heat - squirt bottles filled with cool water. Right: What would Bible school be without learning a few new songs. Here, Chaplain Shaw adds a few movements to go along with the lyrics.



Above: The children in SCUBA were divided into various age groups and each group was assigned a name corresponding to the SCUBA theme. Here the Tadpole group smiles for a group photo during snacktime. Right: With the help of the volunteers, children created various crafts to take home to mom or dad.



Don't Run Into Trouble When Chosing Shoes

There was a time when there was basically one shoe of choice for running, walking, skipping, jumping, tiddly-winking, etc. – the Converse Chuck Taylor All-Stars. They weren't flashy, but they were cheap and they could handle anything a 12-year-old kid could throw at them.

As with everything in life, things change. Today, there is such a wide variety of shoes for every possible activity; it's hard to know which to choose. But why? Do people really need different shoes for walking vs. running vs. hiking? Does it really matter?

In a word, yes. All feet are not created equal. Just as Cinderella's slipper fit only her foot, your shoes may fit only one fitness activity. Different ways of walking require different shoe designs and materials. The lightness and flexibility of a running shoe would spell disaster on a tough hike over rough terrain.

According to John Olsen of PaceSetter Athletics, and the editors of *Runner's World* there is no one best shoe. The best shoe for you is the one that fits you best, gives you the proper support, flexibility, cushioning, and compensates for stride problems such as overpronation - excessive inward roll of the foot after landing, such that the foot continues to roll when it should be pushing off. (Overpronation twists the foot, shin and knee and can cause pain in all those areas. If you are an overpronator, you'll find excessive wear on the inner side of your running shoes, and they'll tilt inward if you place them on a flat surface.)

When selecting a walking or running shoe, consider first your foot type, as well as the shoe's durability and fit. Whether you are looking for a high-mileage training shoe or a recreational shoe, factoring these variables in your decision will help improve your chances of getting the right shoe.

Knowing your foot type allows you to pick a shoe that fits your foot shape needs. Taking the "wet test" helps determine your general foot type. While not every foot completely mimics these three foot types, the wet test can help determine the shoe shape most likely to benefit your shoes.


To take the wet test, soak your feet in water and step onto any surface that will leave an imprint.


A **flat foot** has a low or no arch and leaves almost a full imprint. These foot types tend to strike their foot on the outside of the heel and rolls extremely inward (overpronates, sometimes called "floppy foot"). Recommended shoes would be straight or semi curved with a high degree of motion control, firm midsoles and control features to combat overpronation. Avoid cushy, curve-lasted shoes that lack stability and control.


The **average foot** has a standard-sized arch. The imprint leaves a flare and shows a forefoot and heel connected by a wide band. This foot type lands on the outside of the heel and rolls inward (pronates) a bit to absorb shock. Recommended shoes would be semi curved built for stability with decent control features such as a two-density midsole.


The imprint of a **high-arched foot** shows a very narrow band-linking heel to forefoot. This foot is supinated or rigid foot. Generally this foot type doesn't pronate enough and is a poor shock absorber. Recommended shoes would be curved, flexible and cushioned, made to promote foot motion. Avoid motion control or stabilizing shoes that decrease mobility.


Selecting the proper fit for your walking/running shoe is very important. Don't force a fit. Make sure the shoe conforms to your feet. When you try on a pair of shoes, walk and even run around the store. There's nothing worse than walking or running in a new pair of shoes and finding out they don't fit! Here are some guidelines:

 Feet swell throughout the day, so shop for shoes in the afternoon or evening.


 Bring the socks you generally wear walking to use while trying on the shoes.


 The shoe should be snug, but not tight. The width should accommodate the widest part of your foot. There should be a half-inch space between your longest toe and the end of the shoe.


 The heel should be firm and wide for the most support. The toe box, or tip of the shoe, should be round and high.

 Comfortably lace the shoes. Your feet expand during walking or running

and tight laces may aggravate your feet.

 Choose fit over fashion. Always choose a shoe that best fits your feet, not what looks good with your outfit or you will be sorry later.

 If any part of your foot feels it is rubbing against a rough spot in the shoe or boot, try another pair or style. You are sure to get blisters otherwise.

 To get the proper fit and shoe for you, talk to the experts, such as those who will be at the NEX starting July 18 (see inset for more dates and times). Shoe experts will be available to talk to you in the shoe department of the NEX. They can offer all the advice you could ever need or want on choosing the right type of shoe for your foot.

NEX Shoe Clinic

July 19th
9am to 6pm

July 20th
Noon to 6pm

July 21st
Noon to 6pm

July 22nd
1 to 6pm

Representatives from New Balance will be on hand to fit and offer shoe tips. Clinic will be held in the NEX Shoe Department.

The Wet Test



Voting goes "Internet" for Uniformed Services and Overseas Citizens

from the Federal Voting Assistance Program

Congress has mandated the Secure Electronic Registration and Voting Experiment (SERVE) project be conducted to gather data and make recommendations regarding the use of the Internet for registration and voting by Uniformed Services personnel and overseas citizens. The Federal Voting Assistance Program (FVAP) is conducting this experiment, to explore the use of technology to maximize access to the polls for our Uniformed Services personnel and overseas citizens. SERVE is an alternative to the by-mail process.



The following States have expressed an interest in participating in this federal/state initiative: Arkansas, Florida, Hawaii, Minnesota, North Carolina, Ohio, Pennsylvania, South Carolina, Utah, and Washington. In the process of gathering data to report to Congress, SERVE will enable thousands of absentee Uniformed Services personnel, their dependents, and overseas citizens to register to vote, vote their ballots, and have them counted in their home jurisdictions from any computer with Internet access, anywhere in the world.

"Security is everyone's first concern with Internet voting, so we made security the driving factor in the SERVE system design," states Polli Brunelli, FVAP Director. "We are working closely with State and local election officials to build a secure system and ensure that the integrity of the electoral process is maintained." The SERVE system will be available on January 1, 2004, for Uniformed Services personnel and overseas citizens to submit voter registration applications and absentee ballot requests for the 2004 primaries in the participating States as well as for the November 2nd Presidential election. SERVE is the latest in a series of technology initiatives undertaken by FVAP as part of its mission to improve access to the polls by overseas citizens and Uniformed Services personnel. A small-scale proof of concept pilot program, Voting Over the Internet, was successfully conducted for the 2000 election. Eighty-four voters located in 21 States and 11 countries were the first citizens ever to register and cast their ballots over the Internet in their voting jurisdictions in Florida, Texas, South Carolina and Utah in a Presidential election. This project was awarded the Excellence.Gov award for 2003. SERVE will build on the knowledge and experience FVAP and the participating States gained in this groundbreaking project.

At the conclusion of SERVE, the Federal Voting Assistance Program will report to Congress on the reliability, affordability, and security of Internet registration and voting on a large scale. Ms. Brunelli encourages all eligible absentee Uniformed Services personnel, their dependents and overseas citizens from the participating states to use SERVE to register and vote in 2004. A special website is being created. Meanwhile, check the FVAP website, www.fvap.gov, or the SERVE website at www.serveusa.gov for further information.

Anger, from page 5

- Negotiate and compromise. Try to meet in the middle.

Sulking in silence or ignoring a problem is no better than blowing up. Your body is still producing harmful adrenaline and the problem will not magically go away. Unexpressed anger can lead to physical ailments, such as ulcers and migraine headaches.

When It's Not You

Maybe someone around you cannot manage his or her anger. When dealing with a hot head, be sure to keep your cool. Don't make the situation worse by answering anger with anger. Try being a good listener or using a little humor. Encourage a hot head to talk privately about the situation. A private setting may allow someone with a big ego more room to back down and save face.

Talk to the personnel at the Fleet and Family Support Center to find out more about how to manage anger. The FFSC holds Anger Management classes on a regular basis. Call 4141 to find out when the next class is being held.

Anger is a natural human response. When we learn how to recognize and manage the energy it creates, we improve our lives and the lives of those around us.

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
La Santa Misa (Spanish) 1100
Eucharistic Adoration
(Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100
Praise & Worship 1830

New Life

(Main Chapel) **Sunday**

Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Families Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

Islamic Service

(Classroom 18) **Friday**

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

*For information about
Sunday School, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.*

SCUBA, from page 7

many arms to reach out to others with God's love, and so she represents this command well. The story of Jesus telling his disciples to cast out their fishing nets even though they hadn't had any luck that day helped to emphasize to the kids that we need to cast out our nets of love to others in obedience to God's command to share Him with others.

"Each day the kids had these five precepts reinforced through games, music, snack times (with creative sea-related snacks), video segments and craft projects that followed the day's theme," explained Shaw.

Also during the week, the children participated in Operation Kid-to-Kid. This project allowed the children to send new shoes or socks to orphans around the world. The shoes and socks collected will be sent to Shoes for Orphan Souls for worldwide distribution.

Even with five days of lessons, crafts, games and a shoe/sock drive to plan, all the volunteers seemed to make the week fly by for the children.

"The material was very detailed, and each volunteer, whether a crew leader or an activity leader, had to do quite a bit of preparation," said Shaw.

But all of the preparation led to a great success for our Super Cool Undersea Bible Adventure here in GTMO. "The kids gained a greater understanding of their faith," said Shaw. "Also, I think the volunteers did as well! It was exciting to see so many kids involved – 60 kids were enrolled – and to see their enthusiasm for

learning more about God each day. I believe that they weren't the only ones who benefitted from the week of activities – I believe we all grew and were encouraged to draw closer to God."


"Our goal was to give the kids a week of bible learning in an environment that was fun and welcoming to all," said Olsen. We chose SCUBA because of the underwater theme, everything was planned day-to-day so that even a beginner would have no problem jumping onboard."

Olsen went on to say that the theme Lava Lava Island has been selected for next year's Vacation Bible School. "We are looking forward to having another great time next year with even more children and more volunteers."

The Chapel would like to thank the following individuals for making SCUBA a great success: Barbara Olsen, Director; Jeffrey Grant, Asst. Director; Scuba Crew Leaders - Rie Angel, Freddie Williams, Wanda Simmons, Christopher Wills, Rich Godden, Rosa Johnson, Miguel Quipse, James Loomis, Meredith Sciacca, Michelle Robinette and Edady Stump; Activity Directors - AACO, Tina Schmitz, Kevin Robinson, Angela Shortt, Jason Snyder, Mr. Gonzalez and Chaplain Shaw; Teen Volunteers - Matt Hall, Vilmarie Gonzalez, Zuleyka Gonzalez, Jazmin Brown, Tiana Simmons and Misty McKinney.

Also, a huge thanks to the following groups for supplying VBS Materials: GTMO Home School Group, Hospital Spouse Organization (HSO) and Officer and Civilian Spouse Committee (OCSC).

New Arrivals



Laila Marie Dodson
Born: July 13, 2003
8lbs 1.5oz ; 20.5"
to Kristel and Jason Dodson

and

Lauren Elise Stevens
Born: July 14, 2003
7lbs 8oz ; 21"
to Janelle and Brett Stevens

Friends and Family Day!

Bring a friend, or four, to the Camp America Protestant Worship Service on **July 27**, at the Seaside Galley. Join us in worship, praise, and celebration at **9am**. A light lunch will be served following the conclusion of the service.



JTF-GTMO Chaplain Section



Prayer Breakfast

July 25, 2003 - Seaside Galley

0645 Breakfast 0730 Program



The breakfast will begin at the Seaside Galley at 6:45am. The program will begin at 7:30am. Chaplain (COL) Douglas E. Lee, from Atlanta, Ga., is our guest speaker. We invite you to come and experience this special event.

This program is geared toward all E-6 and below. A special invitation is extended to any First Sergeants or J staff to attend.

GTMO SHOPPER

FOR SALE

(1) Canopy swing - seats 3, \$50. FMI, call 7528 AWH.

(1) Kolcraft Perfect Height Baby Swing. Converts into High Chair. Multi speed with lights and music. Near new condition, \$40. Johnny Jumper, \$5. Please call Janelle DWH 7-2625 AWH 7844.

(1) Bunk Bed. Top part twin - bottom part queen size futon. Includes twin mattress and extra thick queen size futon mattress. Will throw in two sets of matching sheets for both beds. \$200. Call 7517 after 5pm.

(1) Metal Kitchen Table w/ Glass Top and 4 chairs, 4 Large Carpets, Glider Chair w/ Ottoman, Crib/Toddler Bed Mattress, 2 4' X 8' sheets Masonite. Call Bryan at 5629.

(1) PENTIUM II 233MHZ Computer with peripherals, Windows '98, CD/DVD ROM, CD burning programs and scanner. Asking \$400 OBO. Call Coret at 7918.

(1) 1 pair Danner Gortex Boots, size 15R. Worn 5 times. \$150 OBO. Call GM2 Hedrick at 8201 after 5pm.

(1) Infant traveling bassinet in excellent condition. Paid \$50, asking \$20 call Dana at 5816.

(2) Home Interior items, Tupperware and Stampin Up stamps for sale. Some new some used. Call Esther at 7055 (AWH) for more details.

(2) Maroon leather couch & love seat (3 months old), \$1,300; complete ladies dive gear set, size XL, \$300. Call 7528.

(2) Washer/Dryer set, \$175. Call 7311.

(2) Items for sale - matching sofa and love seat, recliner, futon sofa/double bed and 2 futon chairs w/ottoman, corner dining room set (pine finish), coffee and end tables, bar stools, small metal entertainment center, kitchen appliances, dishes, glasses, pots and pans, clothing, plants, some electronics - many other odds and ends. You name it, and I probably have it. Call AWH 2223.

(2) Children's bike - excellent condition, \$50. Call Dana at 5816.

(2) Moving Sale - refrigerator, washer/dryer, dining table, dressers, bunk beds and more. Call 7945.

(2) HP 640C Color Printer w/installation CD and new ink cartridge. \$100. Call Granville at 7384(H) or 6277(W).

(2) 25 inch Sharp t.v., only 2 months old. Bought for \$205, will sell for \$185. Selling due to receipt of HHG and no longer required. Call Dan, 5146 (w) or 7322 (h).

(2) Daybed ensemble, seashell motif, incl coord sheet set, comftr, dust rflf, 3 std

shams, curtains, table topper, bedside lamp. Colors: off wht/taupe/pastel aqua/peach/grn. Very lovely, EC, \$150/firm, Mickey at 5666/AWH.

(2) Dive Gear for sale - women's Sherwood Spirit BC size small, Sherwood Magnum II Regulator, Sherwood 5000 Tank, Weight Belt w/weights. \$500. Call Lisa at 5719.

(2) 18in gold (14kt) chain, \$350. Gold pendant (14kt), \$250. Call (DWH) 4222/3797 or (AWH) 2783.

(2) 3ft DSS Channel Master Antenna. \$100. Call Granville, 7384(H) or 6277(W).

(3) Make me an offer and it's yours! Twin size bed frame (headboard, footboard, spring frame), Little Tykes plastic dollhouse w/accessories, Pooh Bear playhouse w/accessories, Mega Blocks with wagon. FMI, call Stephanie at 7433.

(3) Scorpio green bicycle, \$50 - includes helmet and bicycle pump. Call Henry Espinosa, 4289 or 8176.

(3) Four trim/tilt units. Will fit Johnson and Force 90-115hp motors, \$100 ea. 1992 GTX jet ski w/trailer. Motor runs good, \$1100. Call 7401.

(3) Compaq Computer - 128 SD Ram, 40 gig hard drive, printer scanner, monitor. Also small copy machine and fax machine. Call 2223 AWH.

(3) Rear bumper from 2001 Ford Ranger; accepts tow-hitch. Excellent condition, \$150. Call Amber at 2101/2212 or 5713.

(3) Ladies clothes, sizes 8 & 10 petite and regular, new/like new. Call 5212.

VEHICLES/BOATS

(1) GTMO SPECIAL - 1985 Ford Crown Victoria, 4dr, recently new tires, battery and alternator asking \$1500 OBO. Call John, 3538/8630.

(1) Last chance - 1984 Jeep Cherokee - red, new engine, tires, oil pump, water pump and alternator. Runs great, lots of fun. Great sound system. Asking \$3,000, but will consider any serious offer. If no interest, I will sell parts at yard sale at GP3D. FMI, call DWH 8002 or AWH 7678.

(1) 2001 Honda Elite Scooter - black, like new. \$1,750 OBO. FMI, call 5700.

(1) 1984 Toyota truck - good engine. Please call 2550/6272/6350.

(1) 1998 Chevy Malibu, 4-door, V-6, Auto, AC, PW, PL, \$5,000 OBO. Available in August. FMI, call Janelle DWH 7-2625 or AWH 7844.

(1) 1984 Ford F-150, 4K miles on newly overhauled engine, manual tranny. Great transportation or hauling, new tires, new

radio, 6cyl. Asking \$3800 OBO. Available end of July. Call/lv msg, 7996.

(2) 1987 Cutlass - has title, new tires, new battery and spare alternator. \$1,300 OBO. Call 7170 after 5pm.

(2) GTMO Special - 1984 Chrysler - 4-door, runs good. Best Offer. FMI, call (DWH) 4222/3793 or (AWH) 2783.

(2) Scuba Doo Dive Van, \$1,200 firm. New Tires, new Gauge Cluster, new Starter. Van is set up for diving w/tank racks and equip hangers throughout. AM/FM/CD, power inverter and lights, Coleman portable Gas grill and 100Q cooler included. Call Alan Bledsoe, 8350.

(3) 1993 Dodge Shadow, 4 dr hatchback, AT, AC, 2 Litre. Have maint. & repair records. Avail. in Aug. \$3,000. Call 5212.

EMPLOYMENT

The following are positions available at W.T. Sampson Elementary School/High School: Office Automation Assistant (GS 0326-4/5) - For information, call 3500. Applications are available in the elementary school front office.

Available positions for School Year 2003/2004 - Sure Start Education Aide, Kindergarten Education Aide, Special Education Aide and Lunch Monitor.

The W.T. Sampson Unit School is always accepting applications for Substitute Teachers. Stop by the front office at the elementary school for an application.

CERTIFIED AEROBIC AND SPINNING INSTRUCTORS - The GJ Denich Gym is looking for certified aerobic and spinning instructors. If you have these qualifications and are interested in joining the MWR Team, call DD or Karissa at 2193.

MEDIA AND MARKETING ASSISTANT - The MWR Media and Information Office is looking for a media and marketing assistant. If you have qualifications and are interested in joining the MWR Team, stop by the MWR Personnel Office and fill out an application, or for more information call 4323.

LOOKING FOR FUN AND FRIENDLY SALES PEOPLE! Do you swim? Do you like to Dive or Snorkel? Ocean Enterprises is hiring again and for full and part time hours. M-W-F 2pm to 7pm, Sat 9-6 and Sun 9-5. Contact 5336 FMI.

Many full-time positions are available at your NEX. They are as follows: Support Services Supervisor, Cashier/Checkers, Cash Cage Cashiers, Room Attendant (Navy Lodge), Store Workers, Customer Service Clerk and Warehouse Worker. Also, Calling all Barbers, Hairstylists and Manicurists who have current stateside

licenses and would like to work in our newly renovated salon, full-time or part-time. Call 4119 for more info.

WANTED

Bicycles - used, broken or unwanted - for parts or repair for non-profit Bike shop. Bikes will be repaired using used or new parts as available. The only charge will be for new parts as needed. I enjoy working on bikes as a hobby. Will pick up donated bikes. For more information, email howard.kingsley@us.army.mil or call 8068. Drop off bikes at Windward Loop 18D

Double Stroller wanted. Preferably a Graco Douglider or Jeep Wrangler, but will consider others. Call Tammy at 5724 with price you would like to sell and description of condition.

SERVICES

Non-profit bicycle repairs only charge is for new parts as needed. Used parts will come from donated used, broken or unwanted bikes donated. FMI, call 8068 or email howard.kingsley@us.army.mil.

Need a night out or just some time to yourself? Experienced Red Cross certified babysitter. Call Jessa, 7876.

ANNOUNCEMENTS

Are you interested in saving money with coupons? Join us on Wednesday, July 30, from 7-9pm at the Community Center. FMI Call 5545 or 7741.

LICENSE PLATES are back—If you'd like to order a personalized GTMO plate, email officer67@aol.com. Same price \$25.

YARD SALES

Sat., July 19, NH-5A from 9am to noon. Electronics, fishing and diving equipment, bicycles, software and computer games.

Sun., July 20, 6:30 to 10am, Marina Pt. N309 - children's clothes, toys, accessories.

Sun., July 20, 10am to 2pm at GP3D - clothes, kitchenware, some furniture, plants, ladies gold clubs, water sports equipment, odds and ends - Don't come before 10am!

LOST & FOUND

Lost: Nokia cell phone at Fisherman's Point on Saturday, July 5. Call Clifton, 5230.

Lost: Camera case at the Windjammer on Sat., July 5. Case contains camera, IDs, and other items. Please return to Security or call 7520.

Lost: Ladies two-tone ankle bracelet with hearts. Reward. Call 7985.

CHARLIE'S ANGELS 2

Action/Adventure
1 hrs. 46 min.

Starring:
Cameron Diaz
Drew Barrymore
Lucy Liu,
Bernie Mac,
Demi Moore



The Angels are ready to strike without warning and kick some serious butt as they go undercover to retrieve two missing silver bands containing valuable encrypted information that reveals the new identities of every person in the Federal Witness Protection Program. When witnesses start to turn up dead, only the Angels can stop the perpetrator, using their expertise as masters of disguise, espionage and martial arts

THE HULK

Action/Adventure
2 hr. 18 min.

Starring:
Eric Bana,
Jennifer Connelly,
Sam Elliott



The Hulk combines all the elements of a blockbuster visual effects-intensive super hero movie with the brooding romance and tragedy of Universal's classic horror films. In depicting The Hulk as both a superhero and a monster, a wish fulfillment and nightmare.

IT RUNS IN THE FAMILY

Comedy
1hr 49min

Starring:
Michael Douglas,
Kirk Douglas,
Bernadette Peters,
Rory Culkin



Alex Gromberg is a man caught in the middle. Trying to avoid the mistakes his father made while coming to terms with the ones he's already passed on to his sons, Alex is navigating the tricky roles of father, son, and husband. A story about the loving, frustrating, reassuring, insane, and ultimately inescapable bonds of family.

Movies

FRIDAY, JULY 18

8pm Lizzie McGuire Movie

PG 94min

10pm It Runs In The Family

R 109min

SATURDAY, JULY 19

8pm Down With Love

PG13 102min

10pm CONFIDENCE

R 98min

SUNDAY, JULY 20

8pm The Hulk

PG13 138min

MONDAY, JULY 21

8pm Charlie's Angels 2

PG13 103min

TUESDAY, JULY 22

8pm It Runs In The Family

R 109min

WEDNESDAY, JULY 23

8pm The Hulk

PG13 138min

THURSDAY, JULY 24

8pm CONFIDENCE

R 98min



New Balance/NEX/MWR Fun Run

July 19

6:30am at the base gym

1st, 2nd, 3rd Place Winners

Liberty Center

July 23 - Ping Pong Tournament

7pm - No entry fee

1st, 2nd and 3rd Place Winners

FMI, call 2010

Step Aerobics

There sre no step aerobic classes on the following days and times until further notice.

Tuesdays & Wednesdays 8:30 - 9:30am.

Monday, Wednesday and Friday

5 to 6pm.

Spinning Classes

No Spinning classes July 11-25.

The instructor is off island.

MWR Ceramics & Pottery

Christmas in July

Inventory Reduction Sale

Friday, July 18 - noon to 7pm

Saturday, July 19 - 10am to 7pm

Sunday, July 20 - 10am to 7pm

FMI call 4795

Youth Center

July 18 - BINGO Night

FMI call 4658

Teen Center

July 18 - Cookout Night

FMI call 4658

Vacation Planning at MWR ITT

The MWR ITT staff will assist with travel arrangements for any location in the world.

MWR ITT hours of operation are Mon - Fri

7:30am to 4:30pm. Find out information

about special attractions, hotels, car rentals and more. The MWR ITT Office

is located in the base library.

FMI call Andre Gordon at 4700

Parent's Night Out at CDC

July 19th 6:30pm to Midnight

A reservation fee of \$2.50 is due by July

16th to hold a spot for your child(ren). An

additional fee of \$1.50 is due for each

additional child. The reservation fee is

non-refundable. One hour-\$2.50, two

hours-\$5 and three or more hours-\$12.

FMI call 3664

For more information on any of the events listed above, call 5225.